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Mr. Sorry tells his story

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PAGE 23

Your body's acid test

Can the alkaline diet really change your life? A nutritionist weighs in on the claims

PAGE 17

WHY MUST I BE A TEEN ALIEN IN LOVE?

TWILIGHT AUTHOR STEPHENIE MEYER'S LATEST SAGA OF INTERSPECIES LOVE, THE HOST, SWAPS VAMPIRES FOR BODY SNATCHERS

PAGE 15



OILERS LOSE EDGE

Nashville Predators centre David Legwand (11) reaches for the puck as he tries to keep Edmonton Oilers forward Ryan Smyth away in third-period NHL action in Nashville, Tenn, on Monday. The Predators won 3-2. For more coverage, see page 25.

MARK HUMPHREY/THE ASSOCIATED PRESS

Alta. schools get similar letters of expectation

Mandate letters. Education Minister says students are being asked for feedback



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Leaders from some of Alberta's 26 post-secondary institutions were puzzled to receive nearly identical draft letters of expectation from the province's advanced education ministry last Friday.

Save for a few financial details explaining funding dollars and differing research expectations, the long-awaited mandate letters, which were formally released by the ministry Monday, are virtual carbon cop-

ies of one another.

"Why are they similar? Because in principle all schools do something very similar," said Advanced Education Minister Thomas Lukaszuk on Monday.

The five-page letters, which hold statements related to responsibilities, programs, accountability and other items, come after cuts to post-secondary funding in the March 7 budget.

Lukaszuk said the draft letters aim to promote greater collaboration between the province's 26 post-secondary schools, while engaging students. "My job is not to micro-manage schools and tell them what they should be offering or not," Lukaszuk said.

All schools have been asked to review their letter and provide the government feedback and suggest revisions before a

Reactions to the letters

More coverage on page 3.

final letter is signed off on, he said. "For the first time in the history of this province, we are actually engaging students directly and asking them to raise some of their constructive suggestions as well."

The University of Alberta's acting provost Martin Ferguson-Pell said he was surprised to learn all schools received similar letters.

Doug Short, president of the Alberta Colleges and Institutes Faculties Association, said the letters just lead to more confusion. "I don't think they (the government) were prepared for this at all." **WITH FILES FROM RYAN TUMILTY AND JEREMY NOLAIS**

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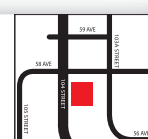
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Cuts. Local universities, colleges react to the government overhaul

Big changes could be coming to MacEwan University, the school's president said after the institution received a letter of expectation from the government.

David Atkinson, president of MacEwan University, said the draft letter the school received Friday is a "rational document" and something the institution "can work with."

While Atkinson said it's premature to talk about program and staff cuts that could result from the minister's overhaul of the post-secondary education system, he acknowledged the March 7 budget has left the institution in a tough spot.

"Everything is on the table," Atkinson said. "What programs we're going to have, how we're going to staff those programs, what our staffing needs are. Everything," he said.

Meanwhile, on Monday the University of Alberta's board of governors fired back with an open letter to the premier regarding budget cuts.

"Being just another 'average' university is not something that is part of our vision, nor is it something that we can accept," the letter states.

Petros Kusmu, the U of A's students' union vice-president external, said the group is "cautiously optimistic" about the letter of expectation U of A received.

Spokespeople with Athabasca University, NorQuest College and NAIT said discussions with faculty and staff regarding their mandate letters were ongoing.

ANNALISE KLINGBEIL/METRO

Imbalance? After complaints Coun. Loken wants more information on how bus shelters are allocated

One city councillor wants to know how the city allocates bus shelters, because he is worried his constituents are being left out in the cold.

Coun. Dave Loken raised the issue of bus-shelter distribution at last week's city-council meeting and asked for a report on the issue to come back to council.

"In my ward, I have noticed and I have complaints from people that there are

not adequate bus shelters," he said.

Loken said he wants to better understand how the city allocates the shelters and whether some parts of the city are better served than others.

"If there is an imbalance in bus shelters from ward-to-ward I would like to know why that is," he said.

Ken Koropeski, who manages the program with Edmonton Transit, said the

city allocates bus shelters mostly based on rider request.

"The main source of feedback is passenger requests," he said.

He said they have a budget, from an outdoor advertising contract, to install 100 shelters a year in the city and there are approximately 7,000 bus stops in the city with just over 2,000 shelters.

RYAN TUMILTY/METRO



Coun. Dave Loken wants more info about the allocation of bus shelters. CONTRIBUTED/CITY OF EDMONTON

Anthony Henday closure an 'oversight'

Proper protocol not followed. Highway closed, then reopened two hours later during snowstorm last week

Weather and traffic

- Alberta Transportation has the sole authority to close roadways for weather and has information about the closures through the 511 service.
- Some areas received as much as 25 centimetres of snow during the storm last Thursday.

Even if Edmonton police had been authorized to close Anthony Henday Drive during last week's storm it is unlikely they would have been able to provide the resources to do it.

The police issued a press release Thursday afternoon as Edmonton was being hit with a heavy snowstorm advising the road would be closed.

The roadway was reopened less than two hours later, but Deputy Chief Brian Simpson said officers weren't deployed to the ring road to start the closure.

"The availability of resources on that day was very limited because everybody was taxed,

so to dedicate resources to that process was not going to happen quickly, if at all," he said.

Simpson said a duty officer made the decision to close the roadway. He said they are now reviewing procedures with all officers about closing roadways.

"It was an oversight and I understand the rationale for closing the road, but we did not follow proper protocol."

RYAN TUMILTY/METRO



While they announced a closure, Edmonton police would not have had the resources to close Anthony Henday Drive during last week's heavy snowstorm, according to a deputy chief. METRO FILE

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Trial opens. Mom accused in death of two babies

The trial of a Calgary woman accused of killing two of her newborn babies got off to a slow start.

Meredith Katharine Borowiec pleaded not guilty to two charges of second-degree murder, but legal wrangling forced the judge to adjourn the matter until Tuesday morning.

Borowiec, who is 31, was initially charged with attempted murder after a baby boy was found crying in a garbage bin in October 2010.

A few months later, police laid two second-degree murder charges against Borowiec.

Investigators have said they believe she gave birth in 2008 and again in 2009, and that both babies died soon after they were born.

Borowiec's trial in front of a judge without a jury is scheduled to last six weeks.

She faces a separate trial on the attempted murder charge in November.

Borowiec remains in custody. **THE CANADIAN PRESS**

Baby rescued by father who didn't know infant was his

The story of the baby found in the garbage was especially gripping because the infant's father played a part in the rescue, apparently not knowing the child was his.

- The father, who told police he didn't know his girlfriend was pregnant, was on his way home when he and other passersby heard crying

coming from a trash bin.

- They jumped in and found the infant in a garbage bag.
- Police and paramedics were called and the baby was taken to hospital.
- The child has recovered and is healthy.

Unnecessary scans. MRIs ordered too often

Alberta doctors are ordering MRIs in far too many cases where the chances of it helping are very low.

New research at the University of Alberta, published on Monday, found that more than half of the lumbar spine MRIs ordered for patients in Alberta were not necessary.

Dr. Derek Emery, who works at the University of Alberta Hospital and is the lead author of the study, said that doctors are pressured into ordering the tests.

"I think there is tremendous pressure on doctors to do an imaging test because that shows they are doing something," he said.

Emery said unnecessary scans lead to long wait lists. He said Alberta's wait list for an MRI for a lower-back issue is about seven months and that could be lowered.

"We will never eliminate all unnecessary scans, but if we can eliminate a portion of them it will help the system," he said. **RYAN TUMILTY/METRO**



While his research found that few of the scans were necessary for lower-back pain, it found they were being appropriately used in 83 per cent of cases involving headaches. **RYAN TUMILTY/METRO**

Pap test. Sudden drop in urban rates puzzling

Health officials are baffled by what appears to be a sudden and drastic drop in the number of women getting screened for cervical cancer in Alberta — but only in the province's two largest cities.

The latest data put participation rates among Calgary women at just 60.7 per cent, down from 72.7 per cent a year earlier. Edmonton's rate was pegged at 58.2 per cent, down from 67.9 per cent.

AHS is "monitoring the situation" but "can't offer an explanation at this point," said cancer-care spokesman James Stevenson.

The University of Calgary's Dr. James Dickinson, who chaired a national task force

that in January recommended new guidelines on cervical cancer screening, was equally perplexed.

Dickinson said cervical cancer screening tends to be less common among recent immigrants and less available at walk-in clinics, where an increasing number of urbanites receive health-care services.

ROBSON FLETCHER/METRO

Very effective program

"Screening reduces deaths from this cancer by about 80 per cent."

Dr. James Dickinson on regular Pap tests as a method of screening for cervical cancer

Alberta budget

Daycare grants cut

As part of the Alberta budget two grants to daycare centres will be phased out. Craig Loewen, a spokesperson for Human Services Minister

Dave Hancock, said the grants were aimed at investing in training and equipment for accredited centres. Faced with the financial choices the budget presented, they chose to phase it out and keep grants that subsidize spaces. **RYAN TUMILTY/METRO**

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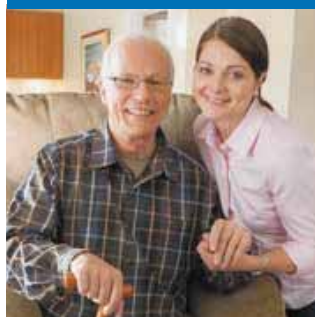
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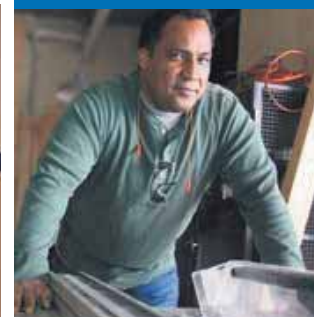
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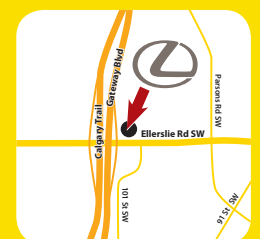
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Psychiatrist Dr. Jeffrey Penn
THE CANADIAN PRESS

Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell

A teenaged girl who killed herself in her prison segrega-

tion cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality path-

Quoted

"Ashley was dour, sullen, blunted ... with occasional bursts of animation and humour."

Dr. Jeffrey Penn

ologies that I have encountered," Penn said.

Smith was emotionally im-

mature, giggly, took pleasure in inflicting pain on others, and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three. "This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and

often hopeless," Penn once wrote.

Despite the various problems, Penn said the mental health system in prison is "better than people think."

Smith was simply an extremely difficult inmate and patient. "She had incredibly poor social skills. She can't get along with peers or with staff," he said.

THE CANADIAN PRESS



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Flu vaccine. Mandatory shots may backfire: Expert

Should mandatory flu shots for health-care workers be put on hold?

A prominent infectious-diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague say in this week's Canadian Medical Association Journal that pushing flu shots in this

way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Flu-vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

THE CANADIAN PRESS



She's coming to Calgary

Er Shun the giant panda chomps on bamboo at a zoo in China. On Monday, she and a male giant panda named Da Mao arrived in Toronto for a 10-year stay in Canada. After a five-year stint in Toronto, they'll come to the Calgary Zoo in 2018. Both pandas were met Monday by Prime Minister Stephen Harper. ADRIAN WYLD/THE CANADIAN PRESS

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Bus fare?

\$1.3-million bag leads to charges

A yearlong investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying \$1.3 million in cash in a backpack.

A 50-year-old man was arrested but released with-

out charges pending further investigation.

Last month, Erwin Thomas Speckert of Mind-en, Ont., was charged with several proceeds-of-crime offences allegedly linked to illegal gaming in Ontario.

A warrant for his arrest was obtained, and he turned himself in last week.

Speckert has been released and is set to appear in court in Winnipeg on April 22.

THE CANADIAN PRESS

Once more with clothing

Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Harry, a supporter of charities that rehabilitate war veterans, will attend events at the 2013 Warrior Games, a competition between U.K. and U.S. veteran athletes.

His May 9-15 visit will include an exhibition on

Capitol Hill about landmine clearance and a tour of areas hit by Superstorm Sandy.

Harry will also play in a polo cup for Sentebale, a charity founded by Harry and Lesotho's Prince Seeiso to help poor children in the African country.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Poverty? In our wealthiest province?

Consider this. In addition to untold suffering, poverty costs Albertans between \$7- and \$9.5-billion every year. The government's Human Services Ministry is expected to deal with the problem. But instead of funding the ministry, the government just cut it by \$9-million in this year's budget.

It also cut employment programs by \$100-million—at a time when we need more workers. How any of this helps struggling families make ends meet is anyone's guess.

Instead of moving toward progressive income taxes to redistribute our wealth, the government chose to cut back on services—and to keep relying on oil royalties (tied to world oil prices) instead of moving to fair taxes.

The Alberta Liberal Opposition is working to break this resource cycle with a new 30-year "Greenprint for the Future". But first we want to hear from you.

Send us *your* ideas. Contact Raj Sherman, Laurie Blakeman, David Swann, Darshan Kang and Kent Hehr at: liberal.correspondence@assembly.ab.ca

We can do better. We deserve better.



Italy's youth rise to power amid chaos

Five Star Movement.
Protest party received
quarter of all votes



ELISABETH
BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally

successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the weeklong Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.



Label reads: "Kosher for Passover."
ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS



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NRA making robocalls to Newtown

Scene of school shooting. Residents are 'outraged' over the National Rifle Association's lobbying in the town

tated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell

'Insensitive'

"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed."

Christopher Wenis, who has a five-year-old who went to preschool on the Sandy Hook campus. He has received three NRA calls.

their state legislators to op-

pose gun-control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

THE ASSOCIATED PRESS



Colours of Sandy Hook Elementary School in Newtown, Conn., worn by a marcher. THE ASSOCIATED PRESS FILE

Some residents of the Connecticut community devas-

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Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain.

MATT ROURKE/THE ASSOCIATED PRESS

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U.S. high court grapples with pharmaceutical industry's 'pay-for-delay' deals on generics

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department

against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can

launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation. When the two sides aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few

years — but years before the drug's patent would expire. Often, that settlement comes with a sizable payment from the brand-name company to the generic drugmaker.

The Obama administration, backed by consumer groups and the American Medical Association, wants the court to stop the deals.

THE ASSOCIATED PRESS



A man stops to photograph the Nasdaq in Times Square as Facebook has its IPO on May 18, 2012, in New York City. THE ASSOCIATED PRESS FILE

SEC approves \$62M payout for glitches during Facebook IPO

New York. Computer troubles at Nasdaq on first day of trading threw stock's debut into chaos

delayed the start of trading and threw the debut into chaos. Technical problems kept many investors from buying shares that morning, selling them later in the day or even from knowing whether their orders went through. Some said they were left holding shares they didn't want.

Facebook's stock originally priced at \$38 and closed that first day at \$38.23 after going as high as \$45. The lacklustre close disappointed investors who had hoped for a first-day pop. Nasdaq has said that it was embarrassed by the glitches, but that they didn't contribute to the underwhelming returns.

The stock has not hit its IPO price since the first day of trading. THE ASSOCIATED PRESS

The Securities and Exchange Commission said Monday that it has approved a plan by the Nasdaq stock exchange to pay \$62 million US in reimbursements to investment firms that lost money because of technical problems during Facebook's initial public offering last year.

The Nasdaq had said in June that it would pay \$40 million US but later increased the amount to \$62 million.

Facebook went public May 18 amid great fanfare, but computer glitches at the Nasdaq

Ottawa. NDP wants RCMP to investigate budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday. NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal

actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, both reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

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#SORRYNOTSORRY FOR HASHTAGS

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has



SHE SAYS
Jessica Napier
metronews.ca

been embraced by inside jokes and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of

meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Balloons not just for clowns and circus folk



DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland,

in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always

feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII:

A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime:

Right now, everybody is extremely



pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys:

The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown

in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementine.

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WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

DVD reviews



Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's *Lincoln* serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's *Angels in America*, Spielberg's *Munich*) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller *Team of Rivals: The Political Genius of Abraham Lincoln*. It finds focus in the marrying of high principles with low politics.

PETER HOWELL



Lil Wayne releases his latest album, *I Am Not a Human Being II*, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album. Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's *I Am Not a Human Being II* album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like *No Worries* and the Mike Will Made It-produced *B—s Love Me* sug-

gest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted *Rich as F—*, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well con-

vince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on *Trippy*, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's *Trigger Finger*, and seems to laugh about his 2010 eight-month jail stint on *Gunwalk* featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from

tracks like *Curtains*, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced *Hello*, but crossing genres doesn't change the same tired content.

And while the hook on *God Bless Amerika* promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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Meyer's desert dream now a feature film

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out

the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over \$2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought,

"That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family. "I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels

Quoted

"I remember he (Meyer's father) read us Dune. The first one gave me nightmares."

Stephenie Meyer on her earliest experiences with the sci-fi genre

the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."

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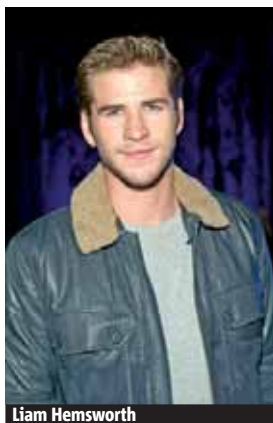
Four weddings and a few red flags

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says.



Jesse James

"But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."



Liam Hemsworth



Miley Cyrus

Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to People magazine.

"Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Lindsay Lohan

Lindsay's letting loose before lock up

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments"

at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe everything you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.



Spice Girls ALL PHOTOS GETTY IMAGES

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they

search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

Twitter



@jeremypiven

I am not currently Mexican



@Louis_Tomlinson

Just incase anyone was wondering, cereal after mouth wash is a bad choice !



@rustyrocks

Read Malcolm X's autobiography next time you think you've had a hard life.



@MatthewPerry

Love playing a sociopath on The Good Wife. I know a sociopath in real life. And if he's reading this, I'm sure he doesn't know who he is.

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Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Honestly Healthy, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

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life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of Honestly Healthy, tells Metro. Why? Because other

than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the food we consume," she explains.

plains.

But certain staples, such as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in

order to buffer such acidity," warns Edgson.

Edgson makes sense and Honestly Healthy's recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.



70% alkaline,
30% acidic =
balance?

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

**Good food will
improve a mood**

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



**You'll lose
weight naturally**

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

**Clear skin, shiny
hair & better BO**

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."



**Better sleep/
focus**

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

3 TIPS

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A veggie a day keeps disease at bay

Health standards.

More than half of Canucks aren't meeting the minimum healthy eating recommendations

Canadians are living longer. But not necessarily healthier. On average, we'll spend our final 10 years with sickness and disease. We can change this.

The choices we make now can help shape a future of strength and vitality.

To shrink that 10-year gap, the Heart and Stroke Foundation recommends being physically active, eating well, being smoke-free, reducing stress and avoiding excessive drinking.

Food for thought nutrition is one of the most important things you can do to improve your health — yet more than half of Canadians don't meet the healthy eating recommendations.

Eating a poor diet results in nearly three quality years of life lost, while being obese can reduce your life span by almost four years.

To start on the path to shrinking the 10-year gap, take these tips to heart.

Embrace the rainbow

Eat between five and 10 servings of vegetables and fruit each day. Choose a variety of colourful vegetables and fruit.

Get the guide

Make Canada's Food Guide your bible to plan well-balanced meals with sensible portion sizes.

Shake the salt habit

Instead, spice things up with fresh or dried herbs.

Banish temptation

Skip the snack aisle at the grocery store.

Counter the snack attack

Got the munchies? Grab some plain, unsalted popcorn.

NEWS CANADA



Avoid snacks and stick to a regular meal plan. ISTOCK PHOTOS

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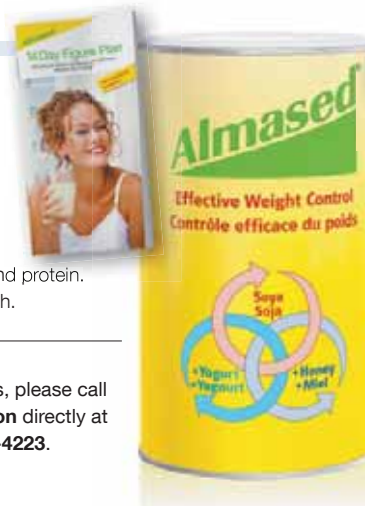
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Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want



Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

a cornea that is healthy."

Individuals who are near- or far-sighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families."

"I hope that other families who do give donations realize how much it is appreciated... it's so nice to know that there are people out there who will make that choice."

Canadian Blood Services hopes to

Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to organsandtissues.ca/donate and click on your province to find out how to become a donor.



Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant. People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services
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Pubic hair removal may increase risk of getting STIs

New health study.

Researchers show how
certain STI's have risen
as the popularity of
Brazilian waxing has
taken hold

A recent study published in
sexually transmitted infec-
tions found that Brazilian
waxing and other types of
pubic hair removal, including
shaving, was a possible link
to an increased risk of a viral
infection called molluscum
contagiosum.

Molluscum contagiosum is
a poxvirus that can be passed
on through sex, but it is also
easily spread by self-infec-
tion, such as scratching.

Researchers say the risk
seems higher with shaving
than waxing and that other
STIs, such as genital warts,
could be more frequent with
genital hair removal.

Over the past decade,
researchers noted that the



Clean shaven may not be as clean as some think. ISTOCK PHOTOS

number of sexually trans-
mitted cases molluscum con-
tagiosum had risen, just as

the popularity of pubic hair
removal had also increased.
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Another benefit of eating your greens

Health and beauty.

Fruits and vegetables contain beta-carotenes and lycopenes, the anti-oxidants credited for glowing skin

You are what you eat.

Fruits and vegetables have properties that will, in essence, make you more attractive.

Along with the health benefits of eating fresh produce, you may notice that your skin has that bright glow, making you more attractive to others.

To reap the beauty benefits of consuming fruits and vegetables, stick with ones that are high in carotenoids.

On the Reboot with Joe website (rebootwithjoe.com), juicing experts tell us that, "carotenoids are made by the



Want a quick way to get the benefits of fruits and vegetables? Try using a juicer. NEWS CANADA

plant and once we have ingested these nutrients, they travel into the bloodstream and are distributed into the skin and other organs. These nutrients concentrate in the skin, giving us a lovely skin

tone and offer protection from the damaging effects of UV radiation."

Fruits and vegetables that contain carotenoids including beta-carotenes and lycopenes, the anti-oxidants credited with putting a glow on the skin, are: carrots, mango, sweet potato, pumpkin, red and yellow peppers, tomato, watermelon, pink grapefruit, apricots, peaches, spinach and papaya. A fast and effective way to consume an abundance of fruits and vegetables is through juicing.

Juicing extracts key nutrients from the vegetables and fruit into an easy-to-consume form, making them easy to absorb. If you need some guidance on purchasing the equipment, retailers point to the popular Breville Juice Fountain Plus.

It's a dual-speed juicer with a specialized disc that extracts more nutrients than other choices. NEWS CANADA

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Mussels: art of simplicity



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These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over

medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Spring a leek today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

• When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't

feel like you are eating a sandbox.

• Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.

• Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM





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I'm sorry for sleeping with your girlfriend, and other apologies



Dave Bry, author of *Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time*. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Memoir.

Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a *Dear (Person He's Wronged)* column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's *Public Apology* is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

Was the idea for the book to share something of yourself beyond the usual memoir?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest

goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank

god I'm not that same person. I was such an idiot.'

Do you have more to apologize for than the average person?

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS

Tackling motherhood with a bit of 'ooh la la'

When Brooklyn mom Catherine Crawford began to feel as if her kids were running the household, she and her husband decided to try an experiment in French parenting. The more hands-off French method focuses on rules and boundaries between children and adults.

Her memoir, *French Twist: An Amer-*

ican Mom's Experiment in Parisian Parenting, chronicles her family's experience with "la vie française," and how it transformed their lives. Crawford learned plenty about American culture, child rearing and family dynamics.

Your "a-ha" moment occurred during dinner with

French family friends — as you were about to bolt out of the room to tend to your crying daughter, your friend said, "If there is no blood, don't get up." Why was this moment so significant for you?

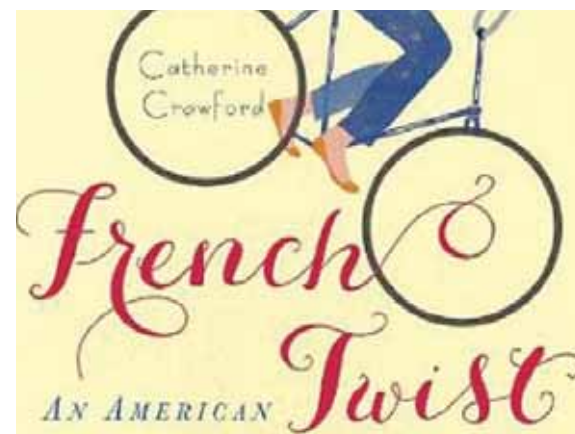
Throughout the evening, I had been in awe all night of my friends' children. They didn't seem to need the same amount of attention, and they were extremely courteous. My daughter was freaking out about something and my instinct had always been to get up and run. My daughter calmed down. She figured it out on her own, which we don't let children do enough.

What changes did you make after that?

My husband and I defined rules. We said, "You're children. Daddy and I are grown-ups and we're not the same." I had to explain to them that they didn't get a say in everything. I realized I was always trying to fit into my children's world, whereas I never made them adapt to mine.

We're afraid to tell them to be quiet and say no. And this approach helped to bring the family closer together?

It provided a little relief for everyone. One of the best changes was in the way they related to each other. All of a sudden, they were a team. If mommy or daddy laid down a rule they



didn't like, they had each other to commiserate with. They play together so much more now.

What are some of the things American parents are doing right?

American parents encourage individuality. I didn't want to squash that in my kids. Our kids are boisterous, and I like that. There is a nice middle ground between the American and French examples.

NATALIE SHURE/METRO

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Personal finance. Here's how women can take control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

First, think about what

Women influence

- 91% of home purchases
- 90% of financial decisions

you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day.

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing.

To learn more, talk to your financial advisor or visit desjardinslifeinsurance.com.

NEWSCANADA.COM

Can you claim tax credits for an infirm parent?

Alison on Money.

It's a confusing area for taxpayers, thanks to a hazy, subjective definition of infirm



YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is \$15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appoint-



There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES

ments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is \$4,402 for a dependent who is not infirm and \$6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds \$21,435

for the infirm and \$19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds \$10,822 for those who are not infirm and \$12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit

Growing issue

2.7 million Canadians care for an elderly family member or friend.

(DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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NBA

Heat move within six of Lakers' record

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the Miami Heat could complain about these days.

James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight game by running away in the final minutes to beat the Orlando Magic 108-94 on Monday night.

The Heat now are within six games of matching the 1971-72 Los Angeles Lakers for the longest winning streak in NBA history.

THE ASSOCIATED PRESS

Golf

Tiger returns to world's No. 1 spot

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said. THE ASSOCIATED PRESS



Predators forward Chris Mueller goes top shelf on Oilers goalie Devan Dubnyk on Monday night in Nashville, Tenn. FREDERICK BREEDON/GETTY IMAGES

Preds sink teeth into Oilers in Nashville

NHL. Kostitsyn keys victory, getting some redemption against Edmonton

Sergei Kostitsyn had a goal and an assist to lead the Nashville Predators to a 3-2 win over the Edmonton Oilers on Monday.

Kevin Klein and Chris Mueller also scored for Nashville in its third straight win.

Martin Erat added two assists for the Predators. He has seven points (one goal, six assists) in his past three games.

Corey Potter and Shawn Horcoff scored for the Oilers in their third consecutive loss.

Potter opened the scoring at 7:53 of the opening period.

With the Oilers on the power play, Potter's slapshot from the blue-line through traffic beat Nashville goaltender Pekka Rinne on the stick side.

The goal was Potter's first of the season.

Kostitsyn answered for Nashville at 11:51 of the first when he converted off a nifty Mike Fisher pass from the right side.

Fisher's assist extended his season-long points streak to seven games.

'The Nuge' returns

- Edmonton centre Ryan Nugent-Hopkins returned to the lineup after missing two games with a virus.

Klein gave Nashville a 2-1 lead at 4:31 of the second.

From the right circle, Erat found Kostitsyn on the left side. He carried the puck in deep and then fed Klein in the low slot where he had an easy wrist shot into an open net for his second of the season.

In Nashville's March 17

game in Edmonton it was a bad line change by Kostitsyn that led to an Oilers short-handed goal in a game that Edmonton went on to win 3-2. Kostitsyn was a healthy scratch for Nashville's next game two nights later.

Edmonton got within one at 7:03 of the third when Ales Hemsky's shot from the right side hit Horcoff's skate and squeezed between Rinne's pads.

The Predators are 3-13-1 this season when their opponent scores first, but two of those wins have come in their past three games.

THE ASSOCIATED PRESS

Sherwood Park's Riddle sits atop world



Sherwood Park's Mike Riddle performs during superpipe final draw at Winter X Games Europe on Friday in Tignes, France. RICHARD BORD/GETTY IMAGES

Canada's Mike Riddle claimed the Crystal Globe as the world's top male halfpipe skier on the FIS circuit after winning the final World Cup event of the season Monday.

It was a successful last event for Canada, with Calgary's Rosalind Groenewoud winning gold in the women's halfpipe and Noah Bowman — also from Calgary — earning bronze for his first medal of the season.

Monday's qualifying run in the men's event ended up

counting as the final after volatile weather at the venue in Sierra Nevada, Spain, postponed qualifying runs on Sunday. For the women's event, a final scheduled for two runs was limited to one.

Riddle said that although he didn't know the final round would be cancelled, he went into qualifications with his A game — a bet that paid off when the native of Sherwood Park, Alta., won the round with a score of 88.6 on his first run.

Riddle achieved provisional nomination to next year's Canadian Olympic squad with the win along with the Crystal Globe for topping the overall men's standings.

"It's such a cool trophy. I started out as a mogul skier so I've wanted a globe since well before I got into halfpipe," Riddle said.

"Aside from an Olympic medal or a world championships medal it's the biggest thing you can get."

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20
Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

Taurus

April 21 - May 21
You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

Gemini

May 22 - June 21
With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

Cancer

June 22 - July 23
The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

Leo

July 24 - Aug. 23
You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

Virgo

Aug. 24 - Sept. 23
You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

Libra

Sept. 24 - Oct. 23
You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

Scorpio

Oct. 24 - Nov. 22
You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

Sagittarius

Nov. 23 - Dec. 21
It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

Capricorn

Dec. 22 - Jan. 20
Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

Aquarius

Jan. 21 - Feb. 19
You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

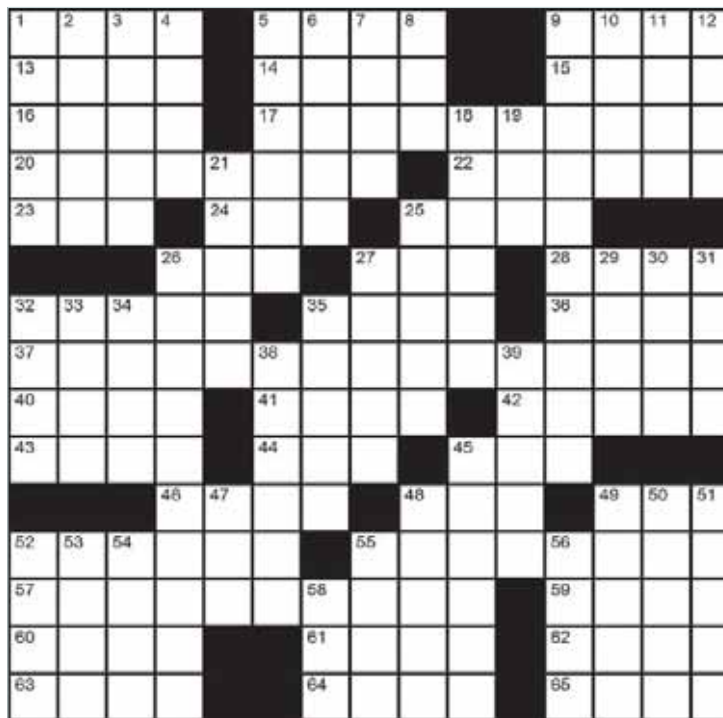
Pisces

Feb. 20 - March 20
You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pink Floyd's "Comfortably ___"
5. Gremlins
9. Operation-giver, for short
13. "Are you ___ out?": 2 wds.
14. Say ___ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space ___"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. ___ Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "___ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders ___
44. Aunt: Spanish
45. Iceland band, Sigur ___
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry



Down

1. "Teenage Mutant ___ Turtles"
2. Toronto's ___ Station
3. French impressionist, Claude ___
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in
60. Bryan Adams' "18 ___ Die"
61. Comic strip, ___ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, ___

8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard ___" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob ___
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "___ were up to me..."
54. French: Ici ___ (Here and there)
55. Two choices, ___
56. ___ milk
58. Yes, in Japan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 0°
MIN: -11°



MAX: 6°
MIN: -2°



MAX: 0°
MIN: -2°



MICHELE MCDUGALL
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